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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

May 13, 2016 Vol. 61 No. 19

SUCCESS HERE = SUCCESS THERE

Robins airmen support relief efforts after Ecuador quake

BY JENNY GORDON
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It's what the 53rd Air Traffic Control Squadron trains for all year long. It takes a true team effort to expeditiously deploy five airmen from the 461st Air Control Wing's 53rd ATCS, coordinate paperwork and travel plans with squadrons across Robins, welcome a C-17 Globemaster III from South Carolina, and load thousands of pounds of equipment bound for South America – all within 24 hours.

Since a 7.8-magnitude earthquake struck Ecuador on April 16, reports have continued to pour in of deaths reaching over 600, with thousands of people injured, thousands of buildings destroyed, and tens of thousands seeking safety in shelters across the country.

Ecuador, located on South America's north-west coast, borders the Pacific Ocean, with Colombia and Peru as its neighbors. The country is about the size of Nevada.

Less than 10 days after the earthquake, the call came to the squadron on April 25 to prepare and deploy a five-man team, an AN/MSN-7 mobile tower, and mobile and spare generators. The team is currently in-country providing humanitarian assistance to help increase the flow of aid entering Ecuador.

Based in the city of Manta's Eloy Alfaro International Airport, the squadron brought its unique skillset that will assist with traffic control in the region over the next several weeks.

► see EARTHQUAKE, A4



U.S. Air Force photo by RAY CRAYTON

Master Sgt. Richard Titcomb, C-5 Flight Engineer, conducts pre-flight checks prior to a test flight of a C-5 Galaxy from Dover Air Force Base, Delaware.

Rest assured, it'll work

BY ANGELA WOOLEN
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The great behemoth of a plane, the C-5 with the Dover tail number, is given the once over by flight engineers after a recent unplanned depot-level maintenance stop here.

The inspection isn't just a cursory glance; the engineers spend hours checking all the systems the maintenance team has repaired.

"The C-5, by design, is a safe and redundant airplane. That's why we check all the backup power sources," said Lt. Col. Ronald Young, deputy commander for operations with the Air Force Reserve

Command's 413th Flight Training Group.

The plane that was being tested, a C-5M Galaxy, has a newer engine and is much more reliable, Young said. That particular aircraft was built in 1986 and has more than 20,000 flight hours.

The C-5M is the largest aircraft in the U.S. military with a length of 247.8 feet and a height of 65.1 feet. More impressive, this plane can cruise at Mach 0.77 – about 600 mph. It can also hold six Mine Resistant Ambush Protected vehicles, which are supported at Robins, and up to five helicopters.

At the end of the day, the pilots and engineers make sure the plane is ready to go back work.

► see WORK, A3

TO PROTECT, SERVE

Base, community to celebrate Police Week



BY HOLLY LOGAN-ARRINGTON
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Police officers put their lives on the line every day.

And beginning Sunday, National Peace Officer Memorial Day, and through next week, the base and surrounding communities will recognize all police officers' selfless service.

A Reveille ceremony will be held at 7 a.m. at Bldg. 905 Monday, followed by a 2.3-mile Fallen Defenders memorial ruck march.

"We'll be rucking for the 16

fallen defenders and local police who paid the ultimate sacrifice within the year," said Tech. Sgt. Michael Longero, kennel master and NCOIC at the 78th Security Forces Squadron Military Working Dog Section. He's also the president of this year's base Police Week committee.

Robins will host its annual police officer-only shooting competition Tuesday beginning at 10 a.m. at the Perry Range in Perry, Ga.

"We will also have various displays and demonstrations from 11 a.m. to 3 p.m. in the

Commissary parking Lot," Longero said.

The displays and demonstrations will include military working dogs, various vehicles and equipment, and weapons.

"There will also be free hot dogs for the kids and McGruff the Crime Dog will make his appearance," Longero said.

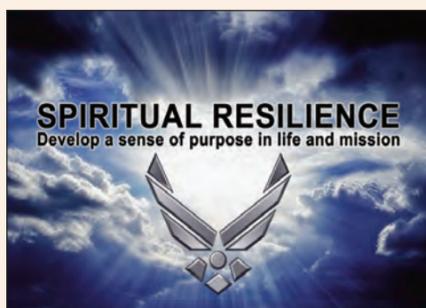
Robins will also host a Defender Decathlon. The competition, which is open only to security forces, will take place Wednesday.

► see POLICE WEEK, A3

FRIDAY FLYBY: Robins Job Fair slated for Tuesday at the Heritage Club, Page A2

IDS Tip of the Week

The resilient soul is one that grabs trouble by the collar and wrestles it into submission. For help with spiritual resiliency, call Robins Air Force Base Chapel at 478-926-2821.



Celebrating Diversity

A former doctorate student in electrical engineering at Stanford University, Yang and classmate David Filo founded Yahoo in 1994 as a way of keeping track of their personal interests on the Internet. Within months, they converted Yahoo to allow users to search the Internet and create customized lists of sites. Yahoo developed into a major web portal and an \$11 billion business within four years.



YANG

Weekend Weather

Friday 86/59



Saturday 87/59



Sunday 87/66



PPE – because it only takes 4 feet to ruin your day.

SECOND FRONT

Base scrap yard a hidden jewel for recycling metal items

BY ANGELA WOOLEN
angela.woolen.ctr@us.af.mil

Don't chunk your office's old junk. There's a place on base that's more than happy to take those old cast-offs. Just this year, the scrap yard at Robins has scrapped about 920 tons of scrap metal, electric motors and wire to generate nearly \$90K in proceeds.

These proceeds go directly back to the Qualified Recycling Program Recycling Center here.

All it takes is a phone call to John Carter, QRP yard manager, and he will pick up any unwanted materials that are able to be scrapped.

"Don't hide them in the woods," said Carter, who routinely checks heavily wooded areas. He said that when he was on those ventures, he found various items which had been discarded.

There is a pick-up service available to keep people from doing what they shouldn't do when discarding no longer used items, added Darryl Mercer, QRP operations manager.

At the scrap yard, Carter has large bins labeled with each type of material that can be scrapped and sold. Metal, stainless steel, copper wire, brass and aluminum are all able to be turned into a profit.

A bin labeled copper holds thousands of wires to be sold to a local company which measures and pays for it.

"Each month we get a check that goes into our recycling program," said Casey Lucas, Solid Waste/QRP manager.

The money received helps fund environmental programs like the recycling center and other programs.

The scrap yard will only take items that have been cleaned of oils or contaminants.

Many of the items the scrap yard receives are from various demolition projects around base. Upgrades to offices nets the program an assortment of desks to be put into the scrap bins.

Carter also takes apart machines to be able to get the most money from the materials.

"All of those commodities are worth more if we separate them," said Carter.

On average, the scrap yard processes 150,000 pounds, or 75 tons, of material each month. The price fetched for the scrap varies.

The best bet for those who have large items to be thrown away is to call.

"Let the man that knows what he's doing handle it," Mercer said.

To schedule a pickup, call Carter's cell phone at 478-283-6542.



U.S. Air Force photos by
TOMMIE HORTON

Above, John Carter, Quality Recycling Program yard manager, offloads metal furniture at the base scrap yard.



Left, metal, stainless steel, copper wire, brass and aluminum are all able to be turned into a profit.



U.S. Air Force file photo

Robins job fair set for Tuesday

Looking for a job? Well here's an opportunity to dust off the old resume, meet with employers and interview.

The Robins Marketing Office will host the quarterly job fair on Tuesday at the Heritage Club from 10 a.m. to 2 p.m.

The event is open to all Team Robins members and their eligible family members with base access.

About 60 employers are set to attend the fair, with well over 300 positions collectively to fill.

Industries represented include: healthcare, engineering, pharmacy, sales, childcare, light industrial, aircraft maintenance, HAZMAT and more.

Job seekers are encouraged to bring copies of their resume and come dressed for an interview, as most of the employers have asked for interview space to be made available.

The last job fair held at Robins resulted in 120 hires.

— Staff reports

78th CPTS Closure

The 78th Comptroller Squadron will be closed today for a Wingman event. Normal business will resume Monday.

For emergencies, contact Senior Master Sgt. Mark Thompson at 478-442-4427.

Deadline today for Camellia Gardens nominations

Today is the deadline to submit nominations for the annual Camellia Gardens Memorial Service.

The service, which pays tribute to deceased members of Team Robins, will take place May 26 at 10 a.m. in the Museum of Aviation Century of Flight Hangar.

The service is a 39-year tradition rooted in a partnership between Robins, the Middle Georgia Camellia Society and the Robins Regional Chamber of Commerce.

The memorial holds the names of

more than 1,700 deceased military and civilian Robins members who have been honored.

To submit a family member, friend or coworker who worked at Robins to be honored this year, contact Master Sgt. Stacey Hazewood at 478-327-3772 or Stacey.hazewood@us.af.mil.

Robins Parkway Closure

A construction project which includes traffic light installation and pavement repair at the Robins Parkway and Lakeside Drive intersection will tentatively start Monday and last for 60 days.

The construction will be phased therefore requiring lane closures on northbound and southbound lanes throughout the life of the project. There will be cones and signage to direct traffic through construction zones.

In case of inclement weather, work could be delayed.

For more information, call Walter Carter at 478-327-2994 or Lorrie Simmons at 478-327-3977.

WORK

Continued from A1

“They can rest assured that it will work,” Senior Master Sgt. Todd Wylie said.

There are two pilots and three flight engineers assigned to the C-5 at Robins. One of the perks of having others on the aircraft is the tight bond the five share, evident in their interactions with each other.

Senior Master Sgt. Pat Cioffi, Master Sgt. Richard Titcomb and Wylie are all flight engineers for the C-5. Between the three, they have more than 20,000 hours of flight time. Wylie has 10,000 hours himself and the patch to prove it.

The preflight functional check flight, after the depot maintenance through the Warner Robins Air Logistics complex, takes four to six hours.

“We fly each about three to four times to get everything checked,” Young said.

The crew visually checks every component that’s visible which can mean hundreds of thousands of parts that need to be inspected.

“The maintenance here is quite good for the C-5, one of the best in the Air Force. We have to be confident in their work,” said Cioffi.

Once the inspection is done, the test pilots are briefed on the aircraft.

During the test flight, which took the crew near Montgomery, Alabama, down to Florida and back to Middle Georgia, they check that everything is in working order.

Young was previously a C-141 pilot who made the jump to the C-5 when the C-141 program was retired.

He was joined by pilots Lt. Col. John



U.S. Air Force photo by RAY CRAYTON

Grady, C-5 Command Chief pilot, and Maj. Carl Kleinebeker, C-5 test pilot.

Grady has been flying C-5s for about 15 years. He said he wanted to be a pilot since he was in grade school.

Kleinebeker was a flight engineer for four years before becoming a pilot. His most memorable moment was his first time in the pilot seat, pushing the power level up to lift off the ground.

Grady and Young remember flying into combat areas.

“When we were flying into Bagdad, it was kind of surreal. We were taking

cargo to the warfighter, and there are people trying to kill you,” Grady said.

Young’s encounter was in the Bosnia conflict in Sarajevo.

A lot of the success of the mission was based on the training he received prior to going into a conflict zone, Young said.

All three have been involved in combat situations and credit their training.

Cioffi flew to Bagdad with 30 minutes on the ground to unload the cargo.

Wylie’s mission was two days after Sept. 11, 2001.

“We went from Dover Air Force Base

to Guam. It was then I realized everything I had trained for was going to be used,” he said.

Titcomb was part of the C-5 team that brought M-1 tanks to Somalia after two UH-60 Black Hawk helicopters were shot down in 1993.

All of that experience has led the five men to Robins to make sure the C-5’s that are maintained here are fit for the men and women on the front lines.

“We’re the last link in the chain before it goes back to the warfighter,” Wylie said.

POLICE WEEK

Continued from A1

“This will be an in-house competition to find the top cop testing in endurance, strength, stamina and intelligence,” Longero said.

A Security Forces sports day is scheduled Thursday.

In addition to a retreat ceremony outside Bldg. 905 May 20, the unit will host a Police Ball at the Museum of Aviation at 6:30 p.m. Tickets for the semi-formal/mess dress event are on sale now at the Houston County Sheriff’s Office.

“This week is not only our week to really showcase everything we do on a daily basis, but it’s a time of reflection and remembrance,” Longero said.

Editor’s note: For more information, contact Staff Sgt Keyla Folsom at keyla.folsom@us.af.mil or 478-222-1987 or contact Tech. Sgt. Michael Longero at michael.longero@us.af.mil or 478- 926-2697.



U.S. Air Force photo

The 53rd Air Traffic Control Squadron, which is aligned under the 461st Air Control Wing, was part of international relief efforts to support victims of a 7.8-magnitude earthquake that struck Ecuador April 16. The squadron's five-man team assisted in setting up a mobile air traffic control tower at Eloy Alfaro International Airport in Manta. The portable tower will help local controllers increase the flow of humanitarian aid entering the country.

EARTHQUAKE

Continued from A1

After all, this is what they do – and also happened to be the first real-world deployment since the squadron was redesignated in May 2015. Formerly the 53rd Combat Communications Squadron, the unit is now aligned with the 461st ACW, and includes airmen who specialize in air traffic control, radar maintenance and airfield maintenance.

“On the cusp of our first birthday, we participated in our first humanitarian assistance mission,” said Lt. Col. Robert Grimm III, 53rd ATCS commander. “It was a total Team Robins effort that would not have happened without the amazing support network of our mission partners, to include the 78th Logistics Readiness Squadron and 78th Medical Group.”

The tasking came very early on the morning of April 25 for the 78th LRS Installation Deployment Readiness Cell. They’re the facilitators of the entire deployment process, from making sure identification cards and passports are valid, to processing medical clearances and ensuring training requirements are met.

Due to the nature of combat communications, the IDRC regularly sees deployments from these units, as well as from various squadrons with the Joint Surveillance Target Attack Radar System.

“It was a true team effort,” said Bill Haffner, 78th LRS installation deployment officer and Plans and Integration chief. “Many agencies across the installation comprise the team that ensures we and our mission partners can meet deployment taskings, from no-notice humanitarian responses such as this one, to standard Air & Space Expeditionary Forces rotations with six or more months’ notice.”

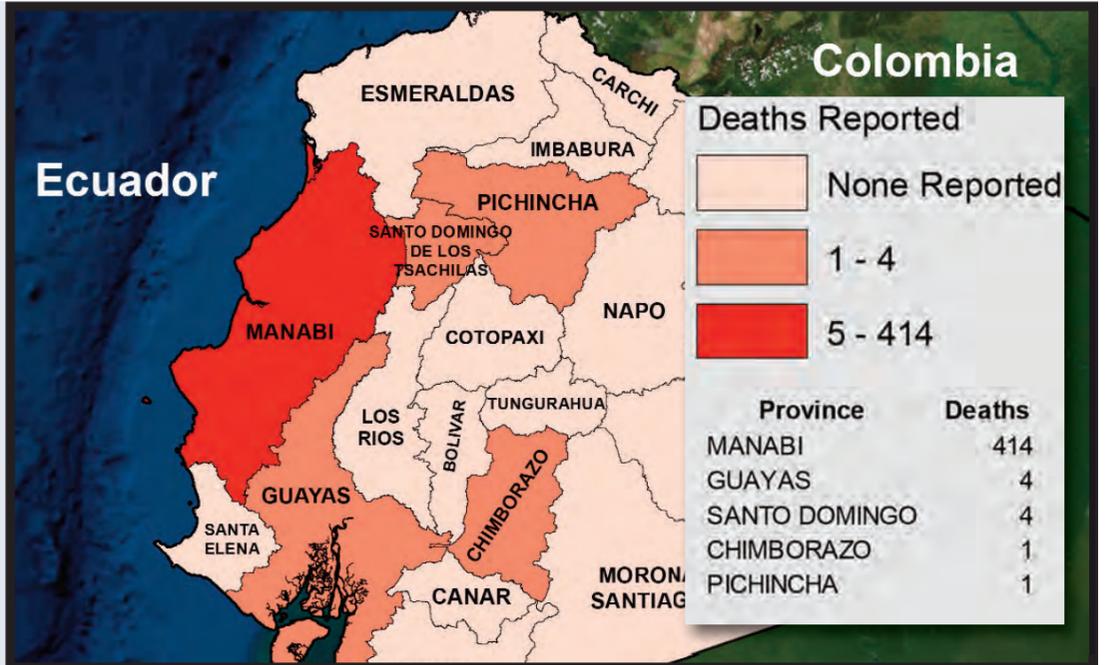
While travel is simultaneously getting taken care of, there’s still the final detail of getting an aircraft on station to transport you where you need to go.

Staff Sgt. Taura Hoglan, a 461st Maintenance Group logistics planner, not only worked travel paperwork for the five active duty airmen, but also coordinated all the behind-the-scenes requirements in order to have a C-17 arrive from Joint Base Charleston, about a 30-minute flight from Warner Robins.

The plane arrived that same day. Cargo processing took place and everything was loaded by the next morning, with wheels up and flying to its destination on April 26.

“All the unit deployment managers and commanders came together, and we were all working together to get them down to Ecuador quickly,” said Hoglan. “I think we kind of rocked it.”

Once in place, the squadron assisted with restoring an airport surveillance radar feed at Manta’s airfield, which had sustained extreme damage as a result of the earthquake. Team members analyzed their damaged systems and engineered a solution by



installing data transport for critical communications – in effect providing more than 11,000 square miles of Ecuadorian airspace coverage.

As a result of their assistance, controllers were able to provide command and control servicing to an estimated 35 to 41 humanitarian, commercial, military and police department sorties per day.

In response to the devastating earthquakes experienced in Ecuador, the 461st ACW was poised to immediately deploy equipment and personnel in support of U.S. Southern Command’s Humanitarian Assistance/Disaster Relief mission, according to Col. John Cooper, 461st ACW commander.

SOUTHCOM is one of the nation’s six geographically-focused unified commands with responsibility for U.S. military operations in the Caribbean, Central America and South America.

“The ability of the 53rd Air Traffic Control Squadron to rapidly deploy its mobile air traffic control tower and maintainers will significantly enhance host nation ATC controllers’ ability to conduct safe and effective flight operations in direct support to multinational relief efforts,” said Cooper. “This humanitarian assistance mission and the 53rd ATCS’ capability are tremendously important for the people of Ecuador, the Air Force and Team Robins.”

Editor’s note: The five airmen from Robins were part of a 12-person team sent by the Air Force following the earthquake. According to SOUTHCOM, it directed the deployment at the request of the U.S. Agency for International Development’s Office of U.S. Foreign Disaster Assistance, the lead federal agency coordinating U.S. foreign disaster response efforts in Ecuador.



What is a mobile air traffic control tower?

The AN/MSN-7 is a highly-mobile, rapidly deployable visual flight rule terminal control platform whose primary mission is to provide ATC services to austere assault zones, and to bare-base locations to allow launch and recovery during air operations in the initial phases of a deployment. The ATC meets critical requirements if an air base’s primary control tower capability is inoperative by natural or unnatural causes. It provides work space for three ATC positions (local control, ground control and coordinator), and provides seven UHF/VHF radios, one LMR radio; provides integrated digital voice recorder for all communications; and provides meteorological measuring of winds, temperature and barometric pressure.

By the numbers

121 – Number of ATCS airmen at Robins
72 – number of hours in which they can deploy

Who is the 53rd ATCS?

Aligned under the 461st Air Control Wing, the squadron provides combat ready airmen to enable air power basing maneuverability and total force engagement through the Deployable Air Traffic Control and Landing Systems enterprise, which includes the AN/MSN-7.

ROBINS REV-UP SUBMISSION GUIDELINES

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Sexual harassment and its effects on the workplace

BY ROBINS OFFICE OF EQUAL OPPORTUNITY

Knowledge Test: True or False

1. **Sexual harassment can occur at any facility on a military installation.**
2. **The lack of sexual harassment reports is a good indication that sexual harassment is not happening.**
3. **Men in a male-dominated workplace usually have to change their behavior when a woman begins working there.**

Sexual harassment is a form of sex discrimination, and like all forms of discrimination it can impact the mission. Sexual harassment is expressed in three ways:

- ◆ Verbally (cat calls, discussing sexual topics, terms like honey, hunk, or darling, etc.)
- ◆ Non-verbally (staring, blowing kisses, raising skirt, touching yourself inappropriately, displaying sexually explicit pictures/videos, etc.).
- ◆ Physically (brushing against a person, blocking someone, touching a person's clothing/hair/body, hugging/kissing, etc.).

According to the Equal Employment Opportunity Commission and Department of Defense Directive 1350.2,

sexual harassment is defined as a form of sex discrimination that involves unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature when ...

◆ Submission to or rejection of such conduct is made either explicitly or implicitly a term or condition of a person's job, pay or career, or (quid pro quo).

◆ Submission to or rejection of such conduct by a person is used as a basis for career or employment decisions affecting that person, or (quid pro quo).

◆ Such conduct has the purpose or effect of unreasonably interfering with an individual's work performance or creates an intimidating, hostile, or offensive work environment (hostile work environment).

The third component of sexual harassment (hostile work environment) seems to cause the most confusion.

Remember, this is created when such conduct interferes with an individual's performance or creates an intimidating, hostile, or offensive work environment. It's important to point out that sexual harassment is in the eye of the beholder and therefore based on perception. It can have far reaching effects on both the employee and the mission if left unaddressed. Seemingly small issues can cause a ripple

effect that has the potential to reverberate throughout an entire organization.

The following are examples of how sexual harassment can affect the individual:

◆ Emotional and physical pain, medical condition, increased absences, and less effective job performance.

The following are examples of how sexual harassment can affect the entire unit:

◆ Lower morale and teamwork, communication barriers and breakdowns, decrease productivity, rise in safety hazards, costly investigations, legal and financial liabilities, and poor public image.

If allegations of sexual harassment are brought to the attention of leadership, the respective commander or director should make every effort to contact the EO office within 24 hours. If a Commander-Directed Investigation is elected, contact the EO Office to ensure proper General Court Martial Convening Authority notification can be made within the required 72-hour timeframe. If you have questions about sexual harassment or your responsibilities, call the Equal Opportunity Office at 478-926-2131.

Answers to quiz at beginning of story: 1. True; 2. False; 3. False



U.S. Air Force photo by
TOMMIE HORTON

Marita Radloff, Health and Wellness Center registered nutritionist dietician makes a healthy snack in the new dorm kitchen in Bldg. 795.



Right, Dorm airmen sample the first goodies made in their new kitchen Monday.

New dorm kitchen gives a touch of home

BY ANGELA WOOLEN

angela.woolen.ctr@us.af.mil

Airmen in the base dormitory now have an opportunity to cook for themselves.

Installed in Bldg. 795 is a new refrigerator, stove, lots of cabinet space and eating areas.

An open house was held Monday, and Marita Radloff, Health and Wellness Center registered nutritionist dietician, made a healthy snack of pizza muffins for the dozen gathered in the new space.

She was the first one to use the stainless steel stove and topped English muffins with pizza sauce, zucchini, green peppers, turkey pepperoni and mozzarella cheese.

She estimated the snack was between 250 and 350 calories depending on the topping.

“Don’t knock it until you try it,” Radloff said of using zucchinis. She also offered suggestions on picking the right peppers, advising airmen to pick the darkest ones because they contain the most amount of nutrients.

Learning how to cook healthier foods will be important to the airmen who buy groceries to cook instead of eating fast food.

“The kitchen allows them to cook for themselves which increases morale,” said Staff Sgt. Justin Rescina, airman dorm leader.

Before, there were only four kitchenettes to share between dorm members. Just in Bldg. 795, there are 70 rooms. Currently, there are 352 airmen who will be able to use the kitchen facility, Rescina said.

The community kitchen is the first of hopefully many to be installed, said unaccompanied housing manager Sherri Green.

PLEASE RECYCLE THIS PAPER



Thought for the Day

"I'd rather attempt to do something great and fail than to attempt to do nothing and succeed."

— Robert H. Schuller



What's inside

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Hurricane Preparedness Week, B3

Services activities, B4

Lighter Fare

THE ROBINS REV-UP ■ MAY 13, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY



A cultural fair Monday at Horizons Event Center offered Team Robins a glimpse of Asian Pacific American heritage. The fair included food samplings, origami and Chinese calligraphy tutorials. There were also cultural artifact displays, a fashion show, music and more.

U.S. Air Force photos by ED ASPERA

SHOWCASING Heritage



Cultural Fair offers view of Asian Pacific American contributions



A BETTER YOU

Optimizing performance, safety through sleep and fatigue management

BY STUART BAPTIES

Robins Health and Wellness Center

When it comes to the Air Force, fatigue is characterized as “the state of tiredness associated with long hours of work, prolonged periods without sleep, physiologic stressors of the flight environment or the requirement to work at times that are out of sync with the body’s circadian, or biological rhythms.

In the last 10 years, workplace mishaps, along with vehicle accidents, have increased the focus on fatigue.

It has become a growing concern in the Defense Department as sustained operations and deployments are stretching the force’s abilities.

Human fatigue is a significant contributor to Air Force mishaps and off-duty accidents. Ensuring everyone gets the proper amount of sleep has become a huge challenge. As we increasingly strive to do more with less, the problem will only worsen without the proper safeguards and attention.

For the military environment, the root of the problem boils down to two issues: Sleep loss from extended duty periods and restricted sleep opportunities – jet lag and shift lag.

So what’s the solution? After years of study, it has become clear that the only real answers are to understand the nature of sleep fatigue and implement scientifically proven countermeasures.

Airmen are an integral part of all weapons systems and require the same type of life cycle support and maintenance that can only be accomplished with optimal sleep, nutrition and physical activity.

So, let’s explain why sleep is important for us to be at our best.

Sleep is important to optimal performance and good health

It plays a vital role in good health and well-being throughout our lives. By getting enough quality sleep at the right times we can help protect our mental health, physical health, quality of life, and safety. The way we feel while awake greatly depends on what happens while sleeping because during sleep the body is working to support healthy brain function and maintain physical health.

Just consider the damage that can occur from sleep deficiency; it can occur in an instant (such as a car crash or on the job accident from inattentiveness) or it can harm you over time by raising your risk for chronic health problems. Sleep deficiency affects how well you think, react, work, learn, and get along with others. The following is a synopsis from the National Heart and Lung Institute and the Center for Disease Control and Prevention discussing why we shouldn’t sleep lightly.

Sleep is important for healthy brain function and emotional well-being

While you’re sleeping, your brain is preparing for the next day by forming new pathways to help learn and remember information.

A good night’s sleep improves learning. So whether it’s learning math, how to play the piano or how to drive a car, sleep helps enhance learning and problem-solving skills. It also helps with attention, decision making and creativity.

Sleep deficiency alters activity in some parts of the brain. If you’re sleep deficient, you may have trouble making decisions, solving problems, controlling your

emotions and behavior, and coping with change.

Sleep deficiency is also linked to depression, suicide and risky behavior.

Physical Health

Sleep plays an important role in your physical health. Proper sleep is involved in healing and repairing your heart and blood vessels. Ongoing sleep problems are linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes and stroke.

Sleep deficiency also increases the risk of obesity. Studies have shown that with each hour of sleep lost, the odds of becoming obese go up. It helps maintain a healthy balance of the hormones that make you feel hungry or full.

Sleep affects how your body reacts to insulin, the hormone that controls your blood glucose level. Sleep deficiency can result in higher than normal blood sugar levels, which may increase risk for diabetes.

Sleep supports healthy growth and development. Deep sleep triggers the body to release the hormone that promotes normal growth in children and teens, boosts muscle mass and helps repair cells and tissues.

Even the immune system relies on sleep to stay healthy to defend the body against foreign or harmful substances. Ongoing sleep deficiency can change the way the immune system responds and it may have trouble fighting common infections.

Daytime Performance and Safety

Getting quality sleep at the right times helps you function well throughout the day. People who are sleep deficient are less productive at work and school. They take longer to finish tasks, have slower reaction times and make more mistakes.

After several nights of losing sleep – even a loss of one or two hours a night – your ability to function suffers as if you haven’t slept at all for a day or two.

Lack of sleep also may lead to microsleep, brief moments of sleep that occur when you’re normally awake. You can’t control microsleep, and you probably aren’t even aware of it. Have you ever driven somewhere and then not remembered part of the trip? If so, you may have experienced microsleep.

Even if you’re not driving, microsleep can affect how you function. If you’re listening to a speaker you might miss information or feel like you don’t understand the point. In reality, you may have slept through part of the lecture and not been aware of it.

How Much Sleep Is Enough?

The amount of sleep you need changes over the course of your life. Although sleep needs vary from person to person, the National Heart and Lung Institute gives general recommendations for different age groups at www.nhlbi.nih.gov/health/health-topics/topics/sdd/howmuch.

Write down how much you sleep each night, how alert and rested you feel in the morning, and how sleepy you feel during the day.

If your daily routine limits your ability to get enough sleep, or if you’re worried about how bad sleep habits and long-term sleep loss affects your health, try using a sleep diary for a few weeks and talk with your doctor. You should also talk with your doctor if you sleep more than 8 hours a night, but don’t feel well rested as you may have a sleep disorder or other health problem.

TOP SLEEP MYTHS

Myth 1: *Your body and brain shut down during sleep for rest and relaxation.*

There is no evidence showing any major organ, including the brain or regulatory system in the body shuts down during sleep. Some physiological processes actually become more active while you sleep. For example, secretion of certain hormones is boosted, and activity of the pathways in the brain linked to learning and memory increases.

Myth 2: *Getting just an hour or two less sleep per night won’t affect daytime functioning.*

The lack of sleep may not make you noticeably sleepy during the day; however, even slightly less sleep can affect your ability to think properly and respond quickly. It can also impair cardiovascular health and energy balance, as well as, the body’s ability to fight infections. If you consistently don’t get enough sleep, a sleep debt builds up that can never be repaid, and that debt affects health and quality of life.

Myth 3: *Your body adjusts quickly to different sleep schedules.*

Your biological clock makes you most alert during the daytime and least alert at night. So even if you work the night shift, you will naturally feel sleepier when nighttime comes. Most people can reset their biological clocks; however, it can take more than a week to adjust to a substantial change in sleep-wake cycles such as when travelling across several time zones or switching from day to night shift.

Myth 4: *People need less sleep as they get older.*

Older people don’t need less sleep, but they may get less sleep or find their sleep less refreshing. That’s because as people age, the quality of sleep changes. Older people are more likely to have insomnia or other medical conditions that disrupt sleep and should be discussed with their physician.

Myth 5: *Extra sleep for one night can cure you of problems with excessive daytime fatigue.*

The quantity of sleep important, but so is the quality. Some people sleep eight or nine hours nightly but don’t feel rested when they wake because the quality of sleep was poor. There are a number of sleep disorders and other medical conditions that affect the quality of sleep and sleeping more won’t lessen the daytime sleepiness that these disorders or conditions cause. The good news is many can be treated effectively with changes in behavior or with medical therapies.

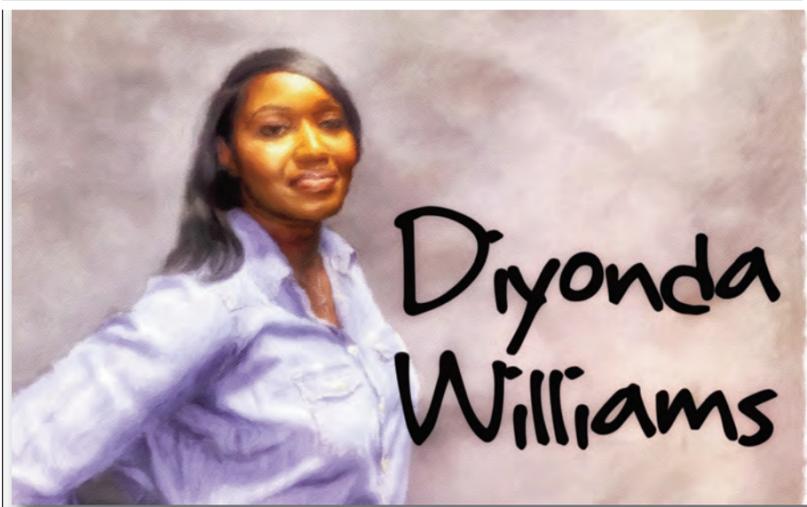
What to Know:

For more information on the importance of sleep, visit the link below:
<http://hprc-online.org/mind-body/sleep-optimization-1>.

OR

If you have a 78th Medical Group provider, call 478-327-7850 to enroll in a sleep class offered by our Behavioral Health Optimization Program counselors.

GETTING TO KNOW YOU



U.S. Air Force photo illustration by CLAUDE LAZZARA

UNIT: 566th Electronics Maintenance Squadron

JOB TITLE: Electronics Mechanic

TIME IN SERVICE: 5 years

HOMETOWN: Perry, Fla.

What does your work involve at Robins? "I work on the SNIPER Advanced Targeting Pod which is a targeting and surveillance system. I perform maintenance and repair of the IDCA-Integrated Detector Cooler Assembly; LST/TV- Laser Spot Tracker/ Television; and LRR-Laser Spot Tracker."

How does your work contribute to the Robins mission? "Supporting the warfighter keeps me focused on producing reliable LRU's for our troops to defend our freedoms. My contribution at the depot level involves testing, maintenance, and repair of enhanced avionics operational on the F-15, F-16, CF-18, B-1, B-52 and A-10."

What do you enjoy most about your work? "I enjoy giving direct support that makes a difference. There are 12 of us who do the maintenance, testing and repairs on the SNIPER System, and we get the job done. It is an overwhelming feeling to know what you do for a living actually makes an impact on a larger scale."

What prompted your interest in your current career field? "It's intimidating working as an avionics electronics mechanic, but at the same time so fulfilling which was a critical deciding factor."

Who has been the biggest influence in your life? "My parents, hands down. They taught me to work hard, just anything won't suffice, give your all in everything you do. Also to have compassion and empathy for others; we are put on this earth to see about each other."

National Hurricane Preparedness Week begins Sunday

The official Atlantic hurricane season begins June 1 and runs through Nov. 30.

An average year will consist of 12 named storms, six of which will become hurricanes, with three becoming major storms.

The 78th Operations Support Squadron's Weather Flight is busily preparing to ensure Team Robins is aware of threats posed by land-falling tropical features.

"Preparedness and situational awareness will always be crucial aspects to focus on during the tropical season," said Roddy Nixon, Jr., senior lead forecaster. "Most forget, or are unaware, that central Georgia's most costly natural disaster was the result of a stationary tropical storm.

"The risk of winds, isolated tornadoes, heavy rains and flooding are the key concerns to the greater Team Robins community," Nixon said. "The weather flight will be ready to provide comprehensive meteorological support and services to provide senior Robins leadership and key decision makers with the information needed to ensure safety, resource protection and



PREPAREDNESS LINKS

Robins Weather- Official Site
<https://wwwmil.robins.af.mil>
 (Hurricane Trifold can found in the "Special Interest Area" of the page)

Robins Weather- Public Site
www.robins.af.mil/library/weather.asp

(Severe Weather Awareness information is located on the left side of page)

(Tropical Weather Forecast information is located on the right side of page)

response readiness."

It's highly suggested that all Team Robins-affiliated personnel, contractors, and their families take time to review the preparedness tips and concepts above.

— 78th Operations Support Squadron.

ROBINS HURRICANE CONDITIONS (HURRCONs)

CONDITION FOUR:

Sustained winds 58 mph or greater are forecast to occur within 72 hours.

CONDITION THREE:

Sustained winds 58 mph or greater are forecast to occur within 48 hours.

CONDITION TWO:

Sustained winds 58 mph or greater are forecast to occur within 24 hours.

CONDITION ONE:

Sustained winds 58 mph or greater are forecast to occur within 12 hours.



Editor's note: Information is provided through a collaborative effort between the Robins Weather Flight, the National Weather Service, the National Hurricane Center and the American Red Cross.

HAPPENINGS/SERVICES

FRI	SAT	SUN	MON	TUE	WED	THUR
13	14	15	16	17	18	19

Family Movie Night

"The Good Dinosaur"

Today
6:30 to 8:30 p.m.
Base Theater
For details, call DSN 468-4001.

Thunder Alley

Today
9 to 11 p.m.
Bowling Center
12 and younger \$5;
13 and older \$10
For details, call DSN 468-2112.

Tips from the Pro

Tuesday
5 to 6 p.m.
\$5 for unlimited balls
Pine Oaks Golf Course
For details, call DSN 468-4103.

Job Fair

May 17
10 a.m. to 2 p.m.
Heritage Club Ballroom
All Team Robins members
For details, call 478-926-6559.

Heart Link (Spouse Orientation)

May 20
8:30 a.m. to 2:30 p.m.
Airman & Family Readiness Center
For details, call DSN 468-1256.

Boss N Buddy and BFF's Night

May 20
4 to 7 p.m.
Heritage Club Lounge
For details, call DSN 468-2670.

National Hamburger Day

May 21
11 a.m. to 2:30 p.m.
Pine Oaks Golf Shop

Buy one hamburger and get one free.
For details, call DSN 468-4103.

Kids Run

May 21
Youth Ages 5 to 13
Base track
Register now (no cost)
For details, call DSN 497-6834.

Membership Dinner

Members only
May 23
5:30 to 7 p.m.
Heritage Club Ballroom
For details, call DSN 468-2670.

Family Day at the Bowling Center

May 27
11 a.m. to 8 p.m.
Bowling Center
Bowl three games with shoes \$5 per person
Minimum four family members per lane
For details, call DSN 468-2112.

Trap & Skeet Fun Event

May 30
Noon
Robins Skeet Range
\$20
For details, call DSN 468-4001.

Memorial Day Golf

May 30
Pine Oaks
All active duty and retirees can play and get a free lunch until 2 p.m.
Must present your Military ID
For details, call DSN 468-4103.

Afterburner May Special

5:30 a.m. to 1 p.m.
Base Restaurant, Bldg. 166
Ice Coffee Ole'
For details, call DSN 472-7827.



U.S. Air Force photos by JENNY GORDON

Participants in the 27th Georgia Annual Young Astronaut's Day at the Museum of Aviation were able to choose from a total of 15 workshops highlighting robotics, parachutes, moon rocks, geospatial intelligence and twister tubes.

'It's a lifelong skill'

BY JENNY GORDON
jenny.gordon.ct@us.af.mil

About 280 prospective astronauts spent the day at the Museum of Aviation May 7 to learn what it takes to be a space explorer.

But before students took on the challenge, they spent time in workshops geared toward STEM, or science, technology, engineering and math, during the 27th Georgia Annual Young Astronaut's Day.

"This is truly a collaborative community project with one goal in mind – strengthen America's youth by promoting interest in STEM through fun aviation and space activities," said Melissa Spalding, MOA education director.

The guest speaker was Capt. Shayla

Redmond, who is currently pursuing a master's degree in systems engineering with a concentration in space systems.

An air weapons officer with the Joint Surveillance Target Attack Radar System, she's spent the last four years volunteering at the MOA event.

"I've always loved exploring, and being an astronaut is something I've always wanted to do," she said.

A total of 15 workshops highlighted robotics, parachutes, moon rocks, geospatial intelligence and twister tubes.

Instructor Liz Skinner taught gravity and force through rocket flights in front of the World War II Hangar.

"We want these kids to be interested in STEM," she said. "We stress teamwork and learning how things work. It's a lifelong skill."